Food Management Syllabus

Family & Consumer Sciences Department

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1 Semester Course

No-Prerequisite

10th- 12th Grade

According to the Center for Disease Control and Prevention, 23% of South Dakota high

school students are overweight or at risk of becoming overweight. Nationally, “obesity

rates continue to rise in the United States. Since 1980, being overweight has doubled

for children and tripled for adolescents. Being overweight puts children and teenagers at

greater risk for developing type 2 diabetes, risk factors for heart disease at an earlier

age, and other health conditions including asthma, sleep apnea, and decreased self

esteem” (National Conference of State Legislatures-Childhood Obesity Update-2005).

Nutrition and Wellness course is designed to help students develop eating behaviors

that will have a positive effect on their current and future lifestyles.

**Course Description:** Focus on understanding wellness, investigating principles of nutrition, using science and technology in food management, ensuring food safety, planning menus and preparing food, and exploring careers in the field of nutrition and wellness.

**Grading:** 30% Assignment/Daily Work, 30% Quizzes/Tests, 40% Labs/Projects

1. Introduction
   1. Syllabus
   2. Classroom Rules and Management
2. Exploring Food Choices
   1. Food and Health
   2. Influences on Food Choices
   3. Food and Culture
3. Nutrients
   1. The Roles of Nutrients
   2. Carbohydrates, Fiber and Proteins
   3. Fats
   4. Micronutrients
   5. How your Body Uses Food
4. Good Nutrition
   1. Dietary Guidelines
   2. My Plate
   3. Etiquette
5. Measuring and Kitchen Equipment
   1. Measuring
   2. Kitchen Equipment
6. Safety and Sanitation
   1. Food Safety
   2. Cleanliness in the Kitchen
   3. Storing Foods
7. Food Preparation
   1. Fruits and Vegetables
   2. Grains
   3. Dairy Foods and Eggs
   4. Meat and Poultry
   5. Baking

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| Task/Competency Statement | National Standards |
| Analyze strategies to manage multiple roles and responsibilities | 1.1 |
| Analyze career paths within food science, food technology and nutrition industries | 9.1 |
| Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans. | 9.3 |
| Apply basic concepts of nutrition and nutritional therapy in a variety of settings. | 9.4 |
| Demonstrate food science, dietetics, and nutrition management principles and practices | 9.6 |
| Analyze factors that influence nutrition and wellness practices across the life span. | 14.1 |
| Evaluate the nutritional needs of individuals and families in relation to health and wellness across the lifespan | 14.2 |
| Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span | 14.3 |
| Evaluate factors that affect food safety from production through consumption | 14.4 |
| Evaluate the influence of science and technology on food consumption, safety, and other issues | 14.5 |